Sports Pg 11

Fifth U.S. Open win for Federer

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VANCOUVER • TUESDAY, SEPTEMBER 9, 2008 metronews.ca

Health Pg 19

That cup of coffee could save your life

Mayencourt aims for federal post

MLA joins Harper's Tories, disputes party's 'anti-gay' image

BAE ARNOTT/METRO VANCOUVER

Lorne Mayencourt speaks about being an openly gay Conservative at Delaney's Coffee House in Vancouver's West End yesterday.

JEFF HODSON
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Is the label "gay Tory" a contradiction? Lorne Mayencourt doesn't think so.

Mayencourt, who has been out since age 18, resigned last night as MLA for Vancouver-Burrard to run as a federal candidate for the Conservatives.

"Part of the talk that you'll hear coming from the Liberal party is that (the Conservatives) are anti-gay," said Mayencourt, 51, who will take on Liberal MP Hedy Fry in the riding of Vancouver-Centre.

"There are gay people in their caucus ... just as there are Protestants and Roman Catholic." MLA Lorne Mayencourt

"There are gay people in their caucus ... just as there are Protestants and Roman Catholics. The thing about it is — all of those labels don't add up to much."

John Boychuk, president of the Vancouver Pride Society, said there is a perception that the Conservative party is not as gay-friendly as other political parties.

The issue of same-sex marriage, legal in B.C. since 2003, was passed in 2005 under Paul Martin's Liberal government. Conservatives voted 93-3 against it.

"It is always a benefit," Boychuk said, "anytime any person from the gay and lesbian community steps forward and puts their hat into the ring because it allows us an additional voice."

Mayencourt, a two-term backbench MLA who introduced a number of private member's bills including the Apology Act and the anti-bullying Safe Schools Act, said he's always been someone who speaks his mind.

"I'm passionate about a lot of things ... My colleagues in Victoria have always encouraged me to speak my truth. That's true of the Conservatives as well.

"The perspective that I bring may be unique, but it's one that is shared by a lot of people in this community and it's one worth listening too."

Election 2008

ShareYourViews
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Restaurant serves taste for politics

Election 2008

BURGERS Hungry for politics?

A New Westminster restaurant, Burger Heaven, is letting restaurant-goers vote for the next prime minister with their stomachs, indicating who they support by ordering the burger representing that candidate.

Orders

- The first polling results, based on orders, will be released on Sept. 15.

The (Stephen) Harper burger has a "Conservative"-sized helping of Alberta beef while the Stéphane Dion-inspired burger is "Liberally" smothered with Dijon mustard.

The Jack Layton's burger's patty is topped with Jack cheddar, the (Elizabeth) May burger comes with plenty of "Green" toppings and the Duceppe burger, named for Bloc Québécois Leader Gilles Duceppe, is made from Quebec beef and topped with French dressing.

KRISTEN THOMPSON/METRO VANCOUVER

Election 2008 pg 5

- **Lawrence Martin looks south of border**
- **Layton in Vancouver blasts wandering MPs**

Celebrity page 22

More twins in Tinseltown?

Revenge fuelled fatal fire: Crown

KRISTEN THOMPSON
kristen.thompson@metronews.ca

COURT A Vancouver man accused of killing a young family by setting their house on fire wanted revenge against the sole survivor of the blaze, a prosecutor said yesterday.

In his opening address at the Supreme Court trial of Nathan Richard Fry, prosecutor Kerr Clark said the 20-year-old confessed to the arson during a 13-month undercover operation known as the Mr. Big scenario.

Facts

- The Etibako family had fled to Vancouver from the Congo in 1997, in search of a better life.
- Nathan Fry is charged with five counts of first-degree murder and one count of attempted murder.

He said Fry set the fire to the East Vancouver home because one of the residents, Bolingo Etibako, then 17, told police that Fry was involved in two stabbings near SkyTrain stations. Fry was acquitted on the charges.

Investigators concluded that the fire was set when someone threw gasoline into the family room where Bolingo and his 17-year-old girlfriend were sleeping.

Bolingo's mother and his three siblings, aged eight to 12, were killed, as was his girlfriend. Bolingo escaped by jumping out the kitchen window. He spent months recovering in hospital with severe burns.

Fry pleaded not guilty yesterday.

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Pharmacists paying drug addicts to fill their prescriptions
Some pharmacists in the Downtown Eastside routinely pay cash to drug addicts for filling their prescriptions, a CBC News hidden-camera investigation has found. Doctors complained that pharmacies were giving $10 a week or more to clients for each prescription filled if the drugs were dispensed daily. CBC.CA/BC

Local

Fox's van still running

The van used by Terry Fox during his 1980 Marathon of Hope was on display at Grouse Mountain yesterday. The 1980 Ford Econoline, left, has been restored and is used to continue raising funds for cancer research. More than $400 million has been raised in Fox' name since he died in 1981.
METRO NEWS SERVICES

Harper woos middle-class families

Prime Minister Stephen Harper is using a forceful appeal to the middle class — and a targeted outreach to ethnic communities — to break into big cities, the long-held Liberal bastions.

Harper took his campaign strategy into the kitchen of the Richmond home of Edwin and Fei Huang yesterday and touted his party's aid for middle-class families.

In a carefully staged photo-op, Harper sat with the Huangs, who are from China, in their kitchen and fed Cheerios to their infant son Eric. Later, with the Huang family as a backdrop, Harper was upfront about his party's efforts to woo supporters, including ethnic communities.

Election 2008

> **"Do we stay the course, or go back into an agenda of tax and spend?"**
> Stephen Harper

"We have had a vigorous program across the country to do just that, through policy and active organization and outreach to all Canadians," he said.

He said the Huang family, like many immigrant families, share the concerns of the middle class. Harper added that "thousands" of Canadian families are better off because of the Conservative measures, which included tax cuts, the $1,200 a year taxable benefit to parents of young children and tax credits for transit users.

"That's the fundamental choice in this campaign — do we stay the course or do we go back to an agenda of tax and spend?" he said.
TORSTAR NEWS SERVICE

CHRIS WATTIE / REUTERS

Prime Minister Stephen Harper speaks during a campaign stop at the Huang family home in Richmond yesterday. Background from left: Fei Chen, Eric Huang, Renee Huang and Edwin Huang.

Election stock market opens

UBC An online election stock market, which has accurately predicted the outcome of the past three political elections, opened in Vancouver yesterday.

The market, in which investors purchase and trade shares representing different political parties, is accurate partly because participants use their own money to predict fortunes.

Operated by the University of B.C.'s Sauder School of Business, the election stock market predicted final vote and seat shares in the 2006, 2000 and 1997 federal campaigns.

The stock market will run between 4 a.m. and 10 p.m. until the day before the Oct. 14 federal election.
JEFF HODSON/ METRO VANCOUVER

News in brief

CRIME An anonymous man has contacted the RCMP and the North Shore News claiming he has the bullet-ridden body of gangster Omid Tahvili in his fridge. Tahvili paid a guard to help him escape from the North Fraser Pretrial Centre in Coquitlam last November and was shot and killed last week. The heavily-accented man said he'll give the body to Coquitlam RCMP in exchange for a large reward.

CORRECTION More than 1,600 people took part in the Weekend to End Breast Cancer 60-kilometre walk, not 16,000 as reported. The event raised more than $4 million for cancer research. METRO VANCOUVER

metronews.ca
What's online today.

Watch as coalition troops salute the 97th Canadian soldier to be killed in Afghanistan, and check out MetroTube of the day to see Oasis' Noel Gallagher get assaulted onstage during Toronto's Virgin Festival
Read as Allan Small preaches patience in Investment Perspective

COPE, Vision joining forces

ELECTION COPE and Vision Vancouver executives are tentatively co-operating in the 2008 election. The groups say the agreement will "create the kind of campaign that can return progressive government to city hall," they said in a statement yesterday. Both groups will run on a less than full slate.
METRO VANCOUVER

RAFE ARNOTT / METRO VANCOUVER

Becky Ninkovic, lead singer for You Say Party! We Say Die! performs during the B.C. Scene Festival announcement at the Roundhouse Community Centre yesterday.

B.C. Scene festival is set for spring

ARTS Hundreds of our province's top artists are gearing up to converge on Ottawa for the B.C. Scene Festival, a massive multidisciplinary arts event that will showcase local art on the national stage.

Programming details were announced yesterday in Yaletown.

Around 600 musicians, dancers, actors, writers, visual and culinary artists will showcase their crafts in more than 30 venues from April 21 to May 3, 2009.

Julie-anne Saroyan, of MovEnt dance company in Vancouver, whose cabaret Dances For A Small Stage, is part of B.C. Scene, said artists here are cut off from the rest of the country.

"The Rocky Mountains are a sort of fence, so to get across Canada … is really important for an exchange of ideas," she said, adding that because of the cultural isolation, art here is unique.

"We're quite frontier oriented, we keep trying to find new ways of doing things … (whereas) a lot of art (back East) is based on tradition."
KRISTEN THOMPSON / METRO VANCOUVER

On the scene

- B.C. Scene is the fourth in a series of biannual festivals designed to showcase arts and culture from each region of Canada.

Listeriosis death in New Brunswick
The New Brunswick Health Department has confirmed a woman with listeriosis has died in the province. A woman in her early 80s, who was a nursing home resident and who had listeriosis, died in a New Brunswick hospital, officials said yesterday. **CBC NEWS ONLINE**

Canada

"The audience seemed shocked at first — the fan came out of nowhere."

Oasis concert-goer Ryan Markle speaking about a fan who attacked Noel Gallagher on stage while Oasis performed.

Attacked

A 47-year-old concert-goer has been charged with assault after the British band Oasis was attacked onstage in front of 25,000 fans Sunday night in Toronto. TORSTAR NEWS SERVICE

Khadrs launch PR campaign

The notorious Khadr family has launched their own public relations campaign in an effort to quash their reputation as "Canada's First Family of Terrorism" and put the case of Guantanamo detainee Omar Khadr on the federal election agenda.

Omar Khadr

TheKhadrLegacy.com went online yesterday as a press release quoting Khadr's sister Zaynab was e-mailed to reporters.

"Our brother is being held in Guantanamo Bay based on the lies told by both the American and Canadian governments," she stated. "(A)n election is the perfect opportunity to tell those politicians that we are not going to be their bogeyman any longer."

U.S. Lt.-Cmdr. Bill Kuebler, Omar Khadr's military-appointed lawyer, said he believed the family's plea would have a negative impact.

Khadr is scheduled to go on trial next month in Guantanamo for five war crimes, including murder for the death of U.S. Sgt. Christopher Speer. Khadr was captured in Afghanistan at 15 and has spent a third of his life in jail. TORSTAR NEWS SERVICE

Simmons factory closes its doors

JOBS Simmons Canada has abruptly closed its mattress factory in Brampton, Ont., instead of resuming bargaining with about 150 striking workers.

Union negotiators had expected more contract talks yesterday in efforts to end a three-week walkout, but a senior Simmons official told them the company would be shutting down immediately and transferring production elsewhere.

Simmons, one of Canada's biggest bedding manufacturers, indicated it will continue to produce about 25 per cent of the mattress output of the Brampton plant at operations in Kirkland, Que., and Calgary.

It will produce the remaining 75 per cent at two separate operations in America.

Simmons president Paul Bognar said the effects of the strike have compromised the plant's economic viability.

The plant, which makes the popular Beautyrest brand of mattresses, has operated at the site for about 35 years. TORSTAR NEWS SERVICE

COLIN O'CONNOR/TORSTAR NEWS SERVICE

Simmons Canada Inc. workers protest in front of the mattress plant in Brampton, Ont., after hearing of the closing of their plant yesterday.

Lost licences not stopping drivers

REPORT Gloria O'Neill's driver's licence was suspended as far back as 1978, when she was just 21. Still forbidden to drive, she got a new licence under a different name. When that, too, was suspended, she got a third.

An average of 11,000 drivers a year are caught driving after losing their licences. But nearly five years after legislation was passed allowing police to check a licence plate for valid insurance, an auditor general's report shows the program is still not running. TORSTAR NEWS SERVICE

News in brief

BEHEADING The case against Vincent Li, 40, the man accused of beheading a fellow bus passenger, has been pushed back to Oct. 6. TORSTAR NEWS SERVICE

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Greens shut out of TV debates
The Green party will not be allowed to participate in national televised election debates after other political parties objected, the TV networks that control the debates said yesterday. The Greens called the decision "undemocratic" and said they would take the issue to court. REUTERS

Election 2008

Disaster for left

Palin's popularity boosts U.S. Republicans

National**Report**

It's nightmare time for Canadian liberals. They're looking at a potential disaster, not only here where trends show the Harper Conservatives moving toward a majority, but also in the United States, where a bible-thumping, gun-toting, war-loving hot mother is aborting, so to speak, the Democrats' chances of taking the White House.

It may be short-lived, but so far the Sarah Palin veep choice by John McCain is providing the Republicans with the surge they so desired. For the first time in months they now lead the Democrats in the polls.

It was just a while back when Barack Obama had Canadian liberals all aglow over what looked to be a certain takeover of the presidency.

Polls have shown Canadians favour Obama by a whopping 3-to-1 or 4-to-1 margin over the Republicans. It stands to reason. Canada is predominantly a country of the centre-left. Combine the support of the soft centre and left-side parties — Liberals, New Democrats, Greens, Bloc — and it constitutes about two-thirds of the population. A continent run by McCain/Harper is the last thing they want.

South of the border, Palin's resoundingly effective speech at the Republican convention turned the tide. Many were starting to feel McCain had make a huge blunder — until the inexperienced Alaskan governor took the podium. But she allayed fears. She was poised and, on the subject of Obama, devastatingly acerbic.

If there is feminist outrage over her pre-Cambrian views it isn't manifesting itself. Why isn't Hillary Clinton ripping her to pieces? Will feminists set aside their core beliefs just because Palin is of their gender?

In an election as important as the American presidency, gender is important, but far more important is the candidate's beliefs.

While it's about damn time another woman is on a presidential ticket, Palin borders on being a zealot. She is an ideological affront to the majority of Canadians.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

RAFE ARNOTT/METRO VANCOUVER

Federal NDP Leader Jack Layton greets hundreds of supporters yesterday at the Italian Cultural Centre in East Vancouver.

NDP would ban floor crossing: Layton

Jack Layton told more than 200 supporters in Vancouver yesterday that if elected, the federal NDP would outlaw MPs from crossing the floor to join another party. He was speaking at the riding of outgoing Liberal-turned-Tory MP David Emerson.

He highlighted the economy, health care and the environment as top priorities for the NDP and blamed Prime Minister Stephen Harper's government for not keeping consumer debt in check.

Layton also told the crowd at the Italian Cultural Centre the NDP would tackle climate change, which he accused the Conservatives of ignoring.

Earlier yesterday, Layton spoke in Fort Smith, N.W.T., where he said he wants to alert Canadians to the environmental dangers — air and water pollution — posed by oilsands production.

METRO VANCOUVER

Potter postponed
Electronic Arts Inc. has delayed its latest Harry Potter video game, one of its more popular franchises, until next summer to coincide with the delayed release of the film of the same name. REUTERS

World/Business

O.J. jury selection begins

Jury selection began Monday in the Las Vegas robbery and kidnapping trial of O.J. Simpson, and the judge told prospective panelists to put the former football star's 1990s murder trial out of their minds.

This trial centres on accusations that Simpson led the 2007 robbery of his own sports memorabilia from a Las Vegas hotel room.

"If you think you are going to punish Mr. Simpson for what happened in L.A. this is not the case for you," Clark County District Judge Jackie Glass said as the case opened, according to a Los Angeles Times report on its website.

She added that she didn't want jurors who were "looking to become famous ... write a book or be on TV."

Simpson was charged in Los Angeles in the June 12, 1994, murders of his ex-wife, Nicole Brown Simpson, and her friend Ron Goldman.

He was acquitted after a sensational so-called"trial that transfixed much of the world.

A civil court jury later found Simpson liable for the deaths and he was ordered to pay $33.5 million in damages to the victims' families, a judgment that remains largely unpaid.

The Las Vegas case stems from accusations that Simpson, 61, led five accomplices in robbing a pair of sports collectors at gunpoint at the Palace Station hotel and casino.

REUTERS

JOHN LOCHER/REUTERS

O.J. Simpson appeard in court during the first day of jury selection for his trial yesterday. Simpson is appearing in court on charges which include burglary, robbery and assault.

U.K. men guilty in bomb plot

TERRORISM Three Britons were found guilty yesterdayof conspiracy to kill using homemade liquid bombs, but a jury failed to agree that they intended to blow up transatlantic airliners in an al-Qaida-style attack.

The verdicts came after a five-month trial in which prosecutors argued that eight co-conspirators planned to smuggle explosives onto six aircrafts at London's Heathrow airport U.S. authorities said it could have killed as many as the Sept. 11 attacks.

REUTERS

The jury's ruling

- After more than 50 hours deliberating, the jury found only three of the defendants guilty conspiracy to commit murder.

News in brief

HURRICANE Ike blew through the warm Caribbean Sea toward western Cuba and the Gulf of Mexico oilfields yesterday.

AL QAIDA Al Jazeera television said yesterday that a video marking the Sept. 11 attacks has been released by Al Qaida, accusing Iran of taking part in a Western "Crusader" war against Islam.

TRIPLETS A 59-year-old woman has given birth to triplets through cessarian section in Paris after after seeking fertility treatment in Vietnam.

POLITICS Republican presidential candidate John McCain got a bounce in opinion polls from his convention and now runs even or slightly ahead of Democratic rival Barack Obama.

REUTERS

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Business

Business in brief

MEETING OPEC ministers, who meet today, voiced concern yesterday about swelling supplies after oil prices touched a five-month low, but they stopped short of calling for immediate action to cut supply.

RECALL General Motors will recall almost 300,000 Chevrolet HHR wagons, including many in Canada for the 2006 through 2008 model years, because of a problem with a storage bin latch.

REUTERS

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Motorola accuses RIM of poaching workers

THREAT Motorola Inc. is suing BlackBerry-maker Research In Motion for illegally pilfering its employee ranks, the second time in three months it has turned to the courts to stifle competitive threats posed by departing workers.

The troubled handset-maker, which has failed to match the success of earlier models such as the Razr flip phone, appears to be having a tough time hanging on to key people as the battle for the booming smartphone market heats up between RIM, Apple Inc., Nokia Oyj and others.

Motorola claims in a lawsuit filed in the United States that RIM has targeted at least 40 Motorola employees, who can't work for a competitor without revealing trade secrets, despite an agreement between the two rivals.

TORSTAR NEWS SERVICE

Skills sought

- The suit alleges the Motorola employees targeted by RIM were ones with skills related to touch-screen devices.
- Touch screen technology has become a particularly hot growth area for the industry following the introduction of Apple's iPhone last year.
- RIM is believed to be working on its own touch screen model, dubbed Thunder, to be released later this year.

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In brief

IKE LOOMS Energy companies began shutting production yesterday as Hurricane Ike threatened to cross the U.S. offshore oil patch before output shut by Hurricane Gustav last week could be restored. REUTERS

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Interest rates/Savings accounts
METRO NEWS SERVICES

Note: Please check bank websites as some rates require a minimum account balance.

Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

On the web

- Henry Choo Chong's Money Matters column covers saving for your children's education.
- Allan Small's Investment column looks at the current market. Read both columns at metronews.ca.

Trim thighs, plump wallet

One of our Smart Cookies decided this would be the year to kick it up a notch and get a personal trainer (yes, even Smart Cookies have personal trainers). In true Smart Cookie fashion, however, she did have to take on additional work to cover the costs of a personal trainer as it was not in her spending plan. We asked her to share some tips on saving with a personal trainer and then provide some options for those who aren't prepared to shell out the big bucks just yet, but still want to get the tight buns.

Buddy Up on Personal Trainers

If you don't want to pay the hefty fee that comes with having a personal trainer ($50-$85 an hour) ask if they offer a two-for-one special. Most trainers are comfortable training two people (or more) at once. If you share with a friend and commit to helping each other out, you and your bank account will feel much better. But even if you don't hire a personal trainer you should still buddy up and make a pact to meet each other at the gym certain times every week. You will be more likely to strap on your sneakers and go if you know your friend is saving you a treadmill. For us, getting in shape (just like getting your finances in order) only works when you have the motivation of others who hold you accountable.

YouTube It

YouTube covers just about everything from how to cut open a pomegranate to how to change the oil on your car. So it only seems logical that they would show us how to get in shape. Gone are the days of renting Jane Fonda's latest VHS for $20 at your local video store. Go to youtube.com and in the search engine box enter the type of workout you'd like to try: Abs, Yoga, Pilates ... you name it! And the best part is — it's free!

"Go to youtube.com and in the search engine box enter the type of workout you'd like to try: Abs, Yoga, Pilates ... you name it!"

Podcasts, Podcasts, Podcasts

Since many of us have an iPod, it's about time we figured out what else this little gadget can do besides play music. We just tested out this program online called "Couch-to-5K". Not only does it allow you to follow the program for free, it also has corresponding podcasts you can download to your iPod and listen to the tutorials. And hey, even if you aren't training for a 5K run, it certainly gets you working out on a regular basis. (ullreys.com/robert/Podcasts/)

If you have questions or comments for the Smart Cookies, please e-mail *smartcookies@metronews.ca.*

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Ask your trainer if they offer a two-for-one special.

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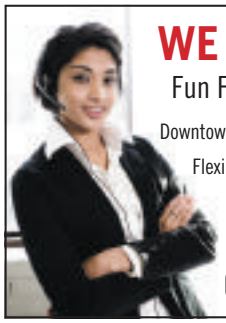

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Lougheed Town Centre
Metropolis at Metrotown
Royal Oak Fido Store

LANGLEY
Willowbrook Shopping Mall

PORT COQUITLAM
Coquitlam Centre

RICHMOND
Richmond Centre

SURREY
Guildford Town Centre

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Capilano Mall, North Vancouver
City Square Mall, Vancouver
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CELLUNET
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JC TELECOMMUNICATIONS
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6596 Victoria Drive

PEPPER WIRELESS
First Avenue Market, Unit 102
3189 Main Street
735 Gore Avenue

UNIPAGE
Royal Centre
3565 Kingsway
88 West Pender Street

ABBOTSFORD
SKYNET
Meadow Fair Plaza

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COQUITLAM
UNIPAGE
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Scottsdale Mall

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Money-saving tip

To save money, invest in a reusable water bottle or coffee mug and fill it at home to save buying the items at stores for an inflated price. You will make back the cost of the mug in no time. **NEWS CANADA**

Student ¢ents

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Online deals

Stretching every dollar is a way of life for most students, but when Derek Szeto was in university he turned that necessary frugality into a business. Inspired by his own need to save money, he created RedFlagDeals.com, a website that highlights the best deals and coupons around Canada. What started as a hobby is now one of the largest websites in Canada with more than a million visitors every month.

He started the website with only $100 and the time he had between classes and studying.

"Because I was a student, everyone was happy to give me advice or help out when they could," he said. "I was free to experiment because I didn't have a family counting on me to put food on the table."

When Szeto graduated from Queen's University in 2005, he had an important decision to make: Running RedFlagDeals.com full time or joining the workforce with a regular job. Szeto says the decision was easy: "If I hadn't given it a shot, I think I would have regretted it the rest of my life."

That was three years ago. RedFlagDeals.com now has 12 employees.

Szeto offers the following advice for budding student entrepreneurs: "When you're in university, you're surrounded by new ideas and people from every walk of life. Absorb it all and take advantage of everything around you. Opportunities are everywhere."

NEWS CANADA

Beauty on a budget

BRIAN TOWIE
brian.towie@metronews.ca

PAL PHOTO

It is possible to have a quality salon-style haircut if you're on a tight budget: Have it done by a local beauty school student.

Just because you're a frazzled, penniless student, that doesn't mean you have to live like one.

It is possible for you to get access to a dentist, a quality salon-style haircut or even have a relaxing day at the spa if you're on a limited budget. You need not look further than your school, or your fellow students, to accommodate you. Various establishments offer services, often at pay-less rates that won't compromise your meagre means.

Need to have your teeth looked at, but have no money for a dentist? Most schools offer a dental plan included in your tuition fees. If you're already covered under your parents' plan, your school may offer an option to back out and get part of your fee refunded to you. (Some institutions are reticent to volunteer this information in the interests of very quietly keeping your money, so you may have to do some asking around about it.)

"A lot of student unions feature plans of this kind," says Chris McGrath, student affairs representative at the University of Toronto's Mississauga campus. "It varies by campus. Your health centre should have a database of core and extended set of what's covered depending on your status as a student. It can be different if you're mature or part-time."

You can even pamper yourself on the cheap if you know where to look. Local haircutting and spa treatment academies will often offer their services at sometimes much less than half the cost of what the professionals will charge you, if you're willing to have it done by a student.

"Any student on a tight budget is looking for a good deal. We'll do a wash and a cut for around $9 that might easily cost $100 somewhere else," says Henry Devlin, director of the Marvel Hairstyling and Esthetic School's Ottawa branch.

"We'll do a wash and cut for around $9 that might easily cost $100 somewhere else."
Henry Devlin

There is the "get what you pay for" worry that work done by an inexperienced learner may result in disaster, and if you want this type of discounted service performed at a professional level, you'll have to be patient. Devlin says students at his school — part of a nationwide chain of stylist academies — may take a bit longer than someone with full training, but it's done to ensure the amateur does a good job rather than have them make a mistake because they're rushed.

"There's that fear that not as good a job will be done," he said. "You have to make sure the student is at the appropriate level. Here, students train for at least two to three months before they work on people, and we've got teachers on the floor to make sure they're doing it right.

"It might take two hours, a bit longer than a professional stylist. Not to say that they do, but we don't focus on getting people in and out the door. We want to make sure that the client has a great experience in a professional environment."

'Free' credit cards come with hidden costs

As a post-secondary student with a low — or no — income carrying a sizeable student debt, you should be careful with credit cards.

It's all too easy to get one: Credit card companies frequent campuses, luring in students with free swag and low starting rates. If you must have a credit card, here's how you should treat it:

Never max out your card. The less of a balance you carry, the easier it is to pay off and the more you'll have available should an emergency arise. A good rule of thumb is to keep your balance less than 50 per cent of your credit limit, or better yet, an amount you can pay down by the end of the month.

Another way is to get a credit card with the lowest possible interest rate and no annual fees, with just enough of a credit limit to get out of a jam. Don't carry it with you regularly.

If you can't afford to pay off the full balance, make more than the minimum payment, which often doesn't even cover principal (the amount charged to the card, interest aside). Compound interest (interest built on interest from the principal) builds quickly and before you know it, you'll be paying far more than you originally intended.

Pay on time. Your credit rating (what lenders look at before they decide whether you're a safe bet to front money to) can be affected by late payments and collection agencies. You'll need it in good standing when you make big-ticket purchases years down the road, like a car.

— BRIAN TOWIE

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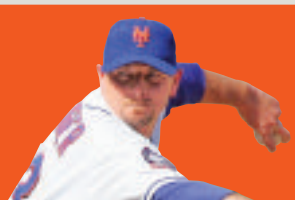
CFL
The Hamilton Tiger-Cats fired head coach Charlie Taaffe yesterday after a dismal 2-8 start to their season. Offensive coordinator Marcel Bellefeuille has been named interim coach for the Ticats, who were 5-23 over less than two seasons under Taaffe. METRO NEWS SERVICES

Sports



Mets closer needs surgery

New York Mets closer Billy Wagner, left, will need season-ending surgery on his left elbow and will be out of action for a full calendar year, according to the team's website. An MRI exam taken yesterday revealed that Wagner, who has 27 saves this season, has suffered a torn MCL in the elbow. METRO NEWS SERVICES

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Fantastic five-peat for Federer

Swiss superstar claims fifth straight U.S. Open victory

Roger Federer won his fifth U.S. Open in a row by beating Briton Andy Murray in the men's final last night and said he did not plan on stopping with his career haul of 13 grand slam titles.

"One thing for sure, I'm not going to stop at 13," the Swiss maestro said courtside after celebrating his first grand slam triumph of the year by falling to his knees, rolling over on to his back and covering his eyes with his hands.

The 6-2, 7-5, 6-2 victory put 27-year-old Federer one grand slam crown away from matching the record total collected by American Pete Sampras.

"It definitely feels great. This is a very special moment in my career," Federer said.

"I had a couple of tough grand slams this year, finishing in semifinals and two finals, one epic at Wimbledon," said the Swiss, who reached the last four at the Australian Open before losing the French and Wimbledon finals to Rafael Nadal.

"So to take this one home is incredible. It means the world to me."

Federer became the first man to win five consecutive U.S. titles since American Bill Tilden in 1924.

His run in New York after previously stringing together five straight Wimbledon titles from 2003 to 2007 made him the only player to have won five in a row at two different slams. REUTERS

SHAUN BEST/REUTERS

Roger Federer of Switzerland kisses the trophy after defeating Andy Murray of the United Kingdom to win the 2008 U.S. Open men's championship match yesterday in New York.

Brady officially out for rest of NFL season

NFL New England Patriots quarterback and two-time Super Bowl MVP Tom Brady will miss the remainder of the season with an injury to his left knee, the team said yesterday.

Brady

"We feel badly for Tom about the injury," coach Bill Belichick told a news conference. "You hate to see anyone go down. Nobody's worked harder or done more for this team than Tom has. So it's a tough setback for him."

Brady, 31, limped off the field during the first quarter of Sunday's 17-10 season-opening victory over the Kansas City Chiefs when he stepped up into the pocket and was hit by safety Bernard Pollard.

Matt Cassel, who replaced Brady against the Chiefs and led the Pats to victory, will start on Sunday amid multiple media reports that New England is shopping for another QB. REUTERS

B.C. Sports in brief

NFL The Seattle Seahawks were handed both insult and injury this weekend in Buffalo. Sunday's 34-10 loss was made worse with news that wide receiver Nate Burleson will miss the remainder of the season with a knee injury. Burleson is the latest casualty in the Hawks' receiving corps with fellow starters Deion Branch and Bobby Engram already on the shelf.

NHL Select members of hockey's elite are in Burnaby today for the launch of NHL '09. Dion Phaneuf, Jeremy Roenick, and Corey Perry will be at EA Sports to unveil the new game along with young guns Patrick O'Sullivan, Drew Doughty and goalie Josh Harding. The Flames' Phaneuf is this year's cover athlete.

MLB Trail BC's Jason Bay hit a solo homerun to help the Boston Red Sox move within a half game of the Tampa Bay Rays. Bay's 27th homerun of the year capped the Red Sox scoring in a 3-0 win over the struggling Rays.
SCOTT RINTOUL/METRO VANCOUVER

CFL The Hamilton Tiger-Cats fired head coach Charlie Taaffe yesterday. METRO NEWS SERVICES

YorkReport

SCOREBOARD

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	PCT	GB
Tampa Bay	85	57	.599	-
w-Boston	85	58	.594	½
Toronto	76	66	.535	9
New York	76	68	.528	10
Baltimore	64	78	.451	21

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Sox	80	62	.563	-
Minnesota	78	65	.545	2½
Detroit	70	74	.486	11
Cleveland	69	73	.486	11
Kansas City	61	81	.430	19

WEST DIVISION

	W	L	PCT	GB
L.A. Angels	87	56	.608	-
Texas	70	74	.486	17½
Oakland	65	78	.455	22
Seattle	56	86	.394	30½

NATIONAL LEAGUE

EAST DIVISION

	W	L	PCT	GB
N.Y. Mets	80	63	.559	-
Philadelphia	79	65	.549	1½
Florida	72	72	.500	8½
Atlanta	62	82	.431	18½
Washington	56	88	.389	24½

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Cubs	86	57	.601	-
w-Milwaukee	82	62	.569	4½
St. Louis	77	66	.538	9
Houston	77	67	.535	9½
Cincinnati	65	79	.451	21½
Pittsburgh	60	83	.420	26

WEST DIVISION

	W	L	PCT	GB
L.A. Dodgers	73	71	.507	-
Arizona	71	72	.497	1½
Colorado	67	77	.465	6
San Francisco	63	80	.441	9½
San Diego	56	88	.389	17

(w — teams currently holding wild-card spots)

YESTERDAY'S RESULTS

AMERICAN LEAGUE
Toronto at Chicago Sox (ppd., rain)
Baltimore 14 Cleveland 3
Boston 3 Tampa Bay 0
Detroit 14 Oakland 8
L.A. Angels 12 N.Y. Yankees 1

NATIONAL LEAGUE
Cincinnati 5 Milwaukee 4
Houston 3 Pittsburgh 2
Philadelphia 8 Florida 6
San Diego 4 L.A. Dodgers 0
San Francisco 6 Arizona 2

TODAY'S GAMES

AMERICAN LEAGUE
Toronto at Chicago White Sox, 11:05 (Gm 1)
Tampa Bay at Boston, 4:05
Oakland at Detroit, 4:05
Cleveland at Baltimore, 4:05
Kansas City at Minnesota, 5:10
Toronto at Chicago White Sox, 5:11 (Gm 2)
N.Y. Yankees at L.A. Angels, 7:05
Texas at Seattle, 7:10

NATIONAL LEAGUE
Florida at Philadelphia, 4:05
Colorado at Atlanta, 4:10
Washington at N.Y. Mets, 4:10
Cincinnati at Milwaukee, 5:05
Pittsburgh at Houston, 5:05
Chicago Cubs at St. Louis, 5:15
L.A. Dodgers at San Diego, 7:05
Arizona at San Francisco, 7:15

CFL

WEEK 12

FRIDAY'S GAMES
Winnipeg at Toronto, 4
Montreal at Calgary, 7

SATURDAY'S GAMES
Hamilton at Edmonton, 4
Saskatchewan at B.C., 7

NFL

WEEK 1

LAST NIGHT'S RESULTS
Green Bay 24 Minnesota 19
Denver 41 Oakland 14

SOCCER

GAMES FEATURING THE VANCOUVER WHITECAPS MEN'S TEAM:

SUNDAY'S RESULT
Minnesota 0 VANCOUVER 0

Office Manager/Sales Support

Metro Vancouver is seeking an Office Manager to carry out a range of administrative and operational tasks related to the daily operations of the business. In this role, the successful candidate will be expected to take on sales coordinator responsibilities as well. Metro offers a full benefits package and a dynamic work environment.

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- Overseeing the general daily office operations
- Controlling the office budget
- Liaising with the business office in Toronto
- Overseeing the purchases of office supplies & furniture as well as maintenance
- Liasing with the IT department in Toronto

Qualifications:

- Strong PC skills including Excel, Word and PowerPoint
- Experience in administrative/sales
- Excellent interpersonal and communication skills
- Detail-oriented, excellent organizational skills and a team player
- Survives under pressure and has a fantastic sense of humour!

We would like to thank all applicants for their interest in this position; however, only those who are considered for an interview will be contacted.

Application Deadline is September 15th. Please e-mail your resume to:

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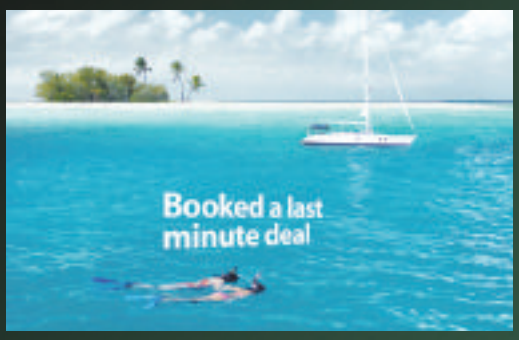

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Learning Curve is a monthly feature that focuses on education and student life.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Name change, status boost

Five B.C. post-secondary schools are upgraded to 'university' designation

ROB ANNANDALE
for Metro Vancouver

PHOTOS BY ROB ANNANDALE/FOR METRO VANCOUVER

First-year student Catherina Klepper, second from left, at the Emily Carr campus on Granville Island. She said the new university status could improve her job prospects.

There was something new at a handful of the province's post-secondary institutions as classes resumed last week. And it wasn't just the fresh faces and fall fashions.

As of this month, five schools — formerly known as Capilano College, Emily Carr Institute of Art and Design, University College of the Fraser Valley, Kwantlen University College and Malaspina University College — officially enjoy full university status.

The upgrade will likely help them compete for students and faculty from around the world while offering young people from fast-growing cities like Surrey, Nanaimo and Abbotsford the opportunity to earn internationally recognized degrees close to home.

"It's immensely positive for us and for our students and for our community," said Shelley Kean, the manager of public affairs at Capilano University.

Kean said it's too early to see any tangible results from the status change.

"To the outside world, I think it sounds better for getting a job."
Catherine Klepper, first- year student at Emily Carr University

But eight new bachelor's programs are already in various stages of development.

Even if any discernible changes may still be a ways off, students realize the importance of optics.

"To the outside world, I think it sounds better, for getting a job," according to Catherina Klepper, a first-year Emily Carr University of Art and Design student from the Netherlands.

The implications go beyond improved job prospects for some international students.

Jonathan Liu, a 24-year-old business student at Capilano University, said the Taiwanese government will defer mandatory military service for university students but not for those attending colleges.

So this change of status makes it possible to visit family back home without the risk of a run-in with authorities.

"Just because of a name, you know," he said. "It's a weird policy."

But there's a lot more to being a university than a simple name-change, according to Confederation of University Faculty Associations of British Columbia executive director Robert Clift.

He worries the new universities will struggle to balance academic programs and research with their traditional specialization in job-training programs unless the government starts writing cheques.

"The question is, can they do all of these things equally well?" Clift said.

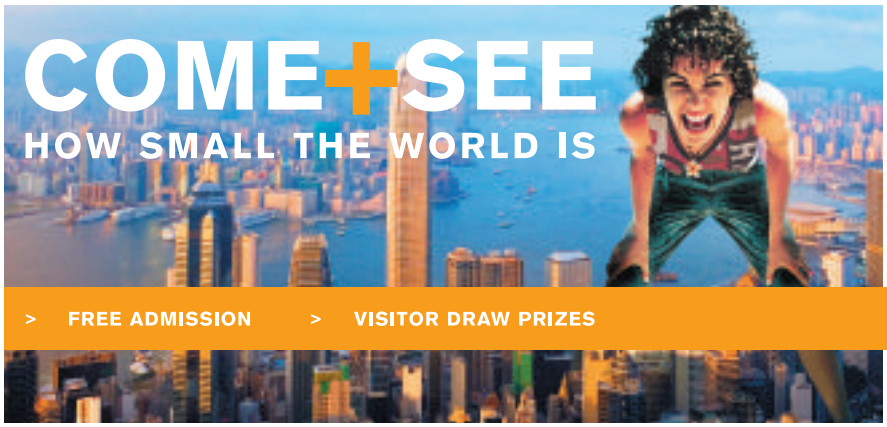
"And I'll tell you, without more money, no, they can't."

So far, the provincial government hasn't provided any additional funding but the new university status opens doors for new grant possibilities, according to Emily Carr communications officer Roxanne Toronto.

Jonathan Liu, a business student at Capilano University in North Vancouver. The new university status helps students from Taiwan defer mandatory military service.

And Kean said Capilano University has no intention of turning its back on its 40-year tradition, even with the new status designation.

"We were the first institution to offer adult basic education free and we're going to continue to do that," she said. "Our foundation programs are really important to us."



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Joys, perils of being a professor

Academia a 'real job' that allows for a student lifestyle

KRISTA MARTIN
for Metro Vancouver

Industry411

Name: Mark Schaller
Years of experience: 12
Occupation: Psychology professor at the University of British Columbia

Q How did you get started in your industry?

A "Industry?" That's funny. I find it impossible to think of academia as an industry. During my last year as an undergraduate I realized that I had to figure out what to do when I graduated. Getting a "real job" just didn't sound all that attractive. I liked being a student. There was an option that allowed me to have a "real job" and to retain the basic lifestyle of a student. And that option is to be a prof at a university. In 1996 UBC had a job opening and I was offered the job.

Q Describe the ideal qualities for success in your industry.

A You have to figure out how to ask interesting research questions and to provide new answers … in the form of articles and books. And you've got to convince other people to publish those articles and books. And it requires a pretty thick skin sometimes. Academic scholarship is predicated on skepticism and criticism. Folks who can't take criticism, and respond resiliently to it, tend not to do well in academia.

Q What kind of background, either educational or other, best suits someone starting out in your industry?

A Nobody gets a faculty position in psychology at a university like UBC unless they have a PhD. And, increasingly, post-doctoral training is becoming essential as well. It takes a lot of years of education and apprenticeship to get in the door.

Q What do you like most about your job?

A The freedom to set my own research agenda and to follow my own intellectual whims, no matter how wrong-headed they might turn out to be. It's nice to be my own boss. Also, I get my own office, and … I get regular excuses to travel to interesting places to attend conferences, to give talks at other universities.

Q What are the most challenging aspects of your industry?

A Psychology classes are very popular, which means that class sizes are sometimes very large. I may be teaching a class with 200 students in it. Some profs are natural entertainers. I'm not like that. It can also be challenging when you're teaching a class that students may not have any real interest in but are simply taking because it's some required course. My all-time favourite comment on a course evaluation form came from a student who wrote: "This class f—in' sux he's an a–hole too."

Mark Schaller

Q What tips would you offer industry newcomers on getting started?

A Always be writing. And, because you can't always be writing, you should spend a hell of a lot of time reading too.

Q What associations or volunteer activities would you recommend?

A Anything, really. They can be great means of ensuring that you don't get entirely consumed by the never-ending commitment to the academic lifestyle.

In order to get organized, it helps to have a calendar where you write down everything, experts say.

The keys to organization

LEYLA EMORY
for Metro Canada

The first rule of being organized: Never talk about being organized. Write out a list.

"For university students it's all about getting checklists before they start doing things by rote retention," says Karen Sencich, HP's organization expert. "They need to learn to prioritize and manage time without mom and dad there."

As a starting point, Sencich suggests students go to HP's online activity centre and download job schedules, class schedules and job sharing charts. "When they print out this sort of calendar they can really see where they're overextended and where they need to build in some time for exercise and leisure."

Professional organizer Sherry Borsheim, president of the Vancouver-based Simply Productive and author of Conquer Your Chaos, takes it a step further.

"Have a calendar where you write down absolutely everything," she says. "If you have a project write out every task and actually schedule them into your calendar. That's how you get things done. I call to-do lists 'doo-doo lists.' There's no intention or commitment. A scheduled appointment has both."

The second rule of being organized: Cut out clutter. Today's tech-savvy generation has a natural advantage when it comes to saving space. Make use of it. "Being able to tame technology is going to make their life simpler," says Sencich. For the eco-friendly scholar she recommends saving desk space and paper by downloading HP's Smart Web Printing Tool.

"It's a free tool that helps when you're scrolling through websites and want to clip and save bits of information … So, when you go to print you don't get pages and pages of pop-up adds and margins that aren't aligned."

Check it out, it also takes care of the gruelling process of collecting footnotes since clicking on the text takes you right back to the website it came from.

The third rule of being organized: Make it part of your life. So, make it fun and personalized. Sencich recommends adding photos and graphics to calendars. "At university you see a lot of scrapbooks and collages. They really want to capture the moment." She recommends investing in a wireless enabled all-in-one printer/copier/scanner that can be tucked away safely in those tiny dorm rooms.

"Each person has unique ways of doing things, unique situations, and therefore there is no cookie-cutter solution," adds Borsheim. "There's only what works for you. Finding that solution is sometimes a journey, but we find a solution."

It's a good feeling to land a great job. If you'd like to enhance your career prospects or train for a more senior position, check out B.C.'s No. 1 college.

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Culinary Arts
Friday, Sept. 12, 9:30 – 10:30 a.m. – room 305C
Friday, Sept. 19, 9:30 – 10:30 a.m. – room 305C

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Learning Curve is a monthly feature that focuses on education and student life.

Learning Curve in brief

MONEY According to a recent survey by Capital One Canada, nearly 60 per cent of post-secondary students surveyed are worried about having enough money to last them through the school year. Among the survey's other results:

- 53 per cent will dip into their savings to cover everyday expenses
- 36 per cent skip meals to save money

METRO NEWS SERVICES

Time for a transition

The jump from high school to college and university

ERIC EMIN WOOD
for Metro Canada

The transition to academic mode after a comparatively relaxing summer can be a difficult one for both veteran post-secondary students and those entering university or college for the first time.

For instance, many first-year students have to deal "with just the physical aspects of moving, and that in itself can be stressful," says Dr. Cheryl Washburn, director of counselling services at the University of British Columbia. "Often this is the first time they're away from family."

Other students discover their study habits from high school don't necessarily work in university.

"Students put a lot of pressure on themselves and oftentimes end up feeling quite badly" when their grades slip, says Washburn, which can add to their difficulties.

Recognizing that such results are normal can go a long way toward helping students feel comfortable, she says.

Time management is key for every student, whether in first year or fourth, says Christine Squire, academic adviser and co-ordinator of the first-year advising program at Dalhousie University in Halifax.

"A lot of people think they know how to do it, but in reality they're just always flying by the seat of their pants," she says. Transitional difficulties don't disappear from one year to the next, says Squire, they just take on different forms. "A lot of students coming in from high school don't know why they're here; they just know that they're expected to come to university," she says.

"As students get older they know what they want to do, it's just a matter of learning how to reach that end goal."

Washburn advises students to make sure they're taking care of the basics. "Things like sleep, nutrition, exercise, connecting with friends, keeping a balance in your life, oftentimes that gets compromised," she says.

She also encourages students to "seek help when they're having difficulty, as opposed to trying to bottle it up and hide it from others and deal with it on their own."

Squire admits it's difficult balancing school, work and a social life, which is why Dalhousie's first-year advising program offers sessions in subjects such as procrastination and time management.

"It's super important to find that balance," she says. "You can get in over your head really fast if you sacrifice too much for social time or don't make any friends if all you do is academics."

The transition to post-secondary education can be more than an academic adjustment.

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Those September stresses

'Challenge of newness' awaits many

BRIAN TOWIE
brian.towie@metronews.ca

Experts say organization and focus are key to success at school.

Sheets of paper containing your welcome letter and course requirements tremble in your sweaty hand. Your mind races with thoughts of bad grades, potential money troubles and dealing with unfriendly peers as you slowly and hesitantly approach your first class of the year. It feels like there's a boa constrictor slithering around in your stomach as you turn the doorknob and walk into the room.

Welcome to September, one of the most stressful times of the year for those returning to school. But you can manage it if you keep your focus on what you need to do.

The keys are these: Block out the distractions, keep your eyes on the books and should you become overwhelmed, seek help.

Dr. Mark Berber, psychiatrist and professor at the University of Toronto, defines stress as the physical and psychological response to a challenge. The scenario for returning students, he notes, is "the challenge of newness."

"It's the novelty of college or university," Berber says.

"This is where the anxiety primarily comes from. They've been taken out of what normal is for them and put into something very different."

Berber says this is especially true for high school students, "where the regime is much more organized — entering university, where the burden of success is on the student."

Berber says the first semester of any school year is the most difficult and important, often acting as a kind of sieve that weeds out the uncommitted and reveals the mettle of the dedicated student.

Now is the time to counter the stress by developing work habits that will serve you throughout the year, but pub nights and parties are everywhere, ready to rob you of valuable study time.

"Students underestimate the amount of material to digest in the first trimester, but once they fall behind it's very difficult to get caught up," he says.

"They should be focusing on their academics, then integrating social events. A good way is to confine your fun to the weekend."

You've heeded the advice and the work is still too overwhelming.

Fear not: More than likely, your school has a number of campus counsellors on-hand to assess your situation and help you through it, along with a number of online resources they might provide.

Beyond that, experts advise that putting up and shutting up is the worst thing you can possibly do.

"Be passionate about your learning.

"There are no real shortcuts to your education," Berber says.

"But if you're in trouble, don't bottle it in. Find a counsellor to help you deal with it."

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EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

A coffee or two a day...

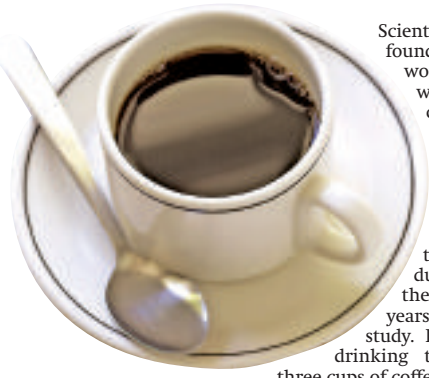
Java can protect against heart disease, study says

CELIA MILNE
for Metro Canada

Let's go for a coffee! Drinking your daily cup of joe — or even several — may provide some protection against heart disease and even death, according to the latest large-scale study of coffee's health effects.

This is good news for the estimated 63 per cent of Canadians who drink coffee every day.

Researchers in the U.S. and Spain examined data for 84,214 women who had participated in the Nurses' Health Study from 1980 to 2004. They also looked at a study of more than 40,000 men in the health professions, who were followed from 1986 to 2004. All women and men enrolled in the study were asked how much coffee they drank on a regular basis.



The positive effect of java come from the antioxidants the beverage contains, suggests Dr. Ahmed El-Sohemy.

Scientists found that women who consumed more coffee were less likely to die during the 24 years of the study. In fact, drinking two to three cups of coffee a day was associated with an 18 per cent reduction in death from all causes. This was mainly attributed to fewer cases of fatal heart disease. For men, the effect was the same, but not as dramatic.

Interpreting the results, Dr. Ahmed El-Sohemy (PhD), an associate professor in the department of nutritional sciences at the University of Toronto and a scientist at the Canadian Institutes for Health Research, says coffee is safe for the majority of people who metabolize it properly. "It is probably fine for most people in moderation; it would be prudent to limit yourself to two to three cups a day," he says.

The positive effect of java does not come from the caffeine, but actually from the antioxidants in the beverage, suggests Dr. El-Sohemy. Antioxidants are key nutrients — also found in fruits, vegetables, wine, tea, herbs and cocoa — which are known to be good for the heart. Drinking decaffeinated coffee is a good way to obtain antioxidants without consuming so much caffeine, he says.

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My love/hate relationship with Internet

HineSight
Anne Hines

Over the past few years, everything that could possibly be written about the frustrations of using the Internet has been written. All I could do now would be to rant about things that have already been said before. So, I'm going to do that.

This past week, I've come across two newspaper articles highlighting downsides of using the net. The first was about a woman in Eastern Canada who supposedly threatened to hold her Internet repairman hostage in her house until he got her connection working. This woman's actions shocked me. I had to ask, "Why didn't I think of that?"

The second article wondered if e-mail and text messaging are making us less sophisticated communicators. To this, I say, "well, duh."

Mostly, we see new technology as a good thing. Having the net means more leisure time. I was free to read these newspaper articles, for instance, because I was spending two hours on hold waiting to speak to my server's tech support.

When it comes to finding information, the net has what we need when we need it. Yesterday, I was able to find the mailing address of my daughter's university residence simply by locating the main page, checking 18 links that went nowhere, entering 40 search word versions of "mail, address, residence, give-me-the-info-or-I'll-scream" and after 45 minutes, voila! Without the net, I would have had to pick up the phone and ask someone.

But, the question these articles raised is, "Is it worth it?" This isn't a new question. Take, for example, one of the key inventions of human kind. The pointy stick. Previously, our ancestors heading out after woolly mammoth favoured the "hit it with a rock" method. This was not very efficient, but better than the "taunt it until it falls over" tactic that came before that.

The fact is no innovation in history has ever been welcomed without concerns and misgivings. The only exceptions to this are of course indoor plumbing and the beer fridge.

So, considering it carefully, I would say that the truth about technology is this: it has good points and bad. Making it exactly like everything else.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

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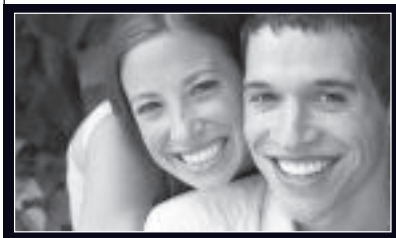

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Butler would love to revist 300

Actor Gerard Butler would love to revisit his hit movie 300, but has no idea how a prequel or a sequel would work. The star played Spartan king Leonidas in the 2006 hit. IMDB.COM

Entertainment

Last Pharaoh

Will Smith is reportedly set to fulfill one of his biggest ambitions — playing Egyptian pharaoh Taharqa on the big screen. Smith has been cast as the ancient ruler in The Last Pharaoh. IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Knowles puts on pounds for role

MOVIES Beyoncé Knowles has been piling on the pounds to play jazz and blues great Etta James in new movie Cadillac Records, femalefirst.co.uk reports.

The singer/actress has reportedly gained 20 pounds for the role, but said the hardest part of her transformation came when visited a drop-in centre for drug addicts in Brooklyn, N.Y.

METRO NEWS SERVICES

Mixtape for Tricky fans

IAN NATHANSON
for Metro Canada

For a spell in the mid-1990s, Portishead, Massive Attack and Tricky were considered England's leaders of trip hop: downtempo electronica that arose from the country's hip hop and house scenes.

That Tricky's newest album Knowle West Boy, in North American stores today, arrives in the same year that Portishead returns with its latest offering, Third, and Massive Attack works on new material for a future release should come as complete coincidence — and not, as the artist a.k.a. Adrian Thaws sees it, a trip hop revival.

"Those people followed my first solo album, Maxinquaye, in 1995 and then it formed into some kind of movement back then," says Tricky, a former Massive Attack member. "I was even told I created trip hop.

"Young artists have to be careful when getting involved in a movement. Because once it's over, you're over. It's safer not to be part of anything like that."

In the ensuing years, Tricky maintained a somewhat lower profile living in New York and Los Angeles while collaborating with the likes of Björk, Alanis Morissette, Nelly Furtado, Elvis Costello, Red Hot Chili Peppers and Tool. Although he released another half-dozen albums, none have matched Maxinquaye's super-praised success — prompting David Bowie to pen a 2,000-word fan-worship story for British music mag Q.

Tricky admits he never dealt with the whole fame thing very well and, since leaving Britain in the late 1990s, probably partied a tad more than he should have. But much of his own turmoil stemmed from his struggles with candida — a condition best described as extreme yeast and sugar intolerance.

"It messes up your skin as well as your mind. It causes depression, makes you very angry and because of the way I treated certain people, it really screwed up my relationships," explains Tricky, adding that the condition is now kept under control through a strict diet and exercise regimen.

Knowle West Boy finds Tricky lyrically revisiting the Bristol, England, neighbourhood where he grew up through a mélange of blues, ska, hip hop, post-punk and rock.

"It's like a mix tape thank-you to all my fans," Tricky says. "It's sort of my way of giving back to the people."

Knowle West Boy, the new album from Tricky, is now available.

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Email: info@gospelsduets.com
more information at www.gospelsduets.com

Gospel's Dynamic Duets

	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 9/9/08	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors Henry's petition.		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	Fashion	Red Carpet	To Be Announced				News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		Metropia
	250	321	9 CTV	Hollywood	Fringe "Pilot" (CC)				eTalk Idol	Law & Order: SVU		News (N)
	-	-	10 OMNI	Scrubs (CC)	According-Jim	Islam 101 (CC)		Jozi-H "Fathers" (CC)		The Daily	The Search	New Day
	252	336	11 GTV	Entertainment	ET Canada	Big Brother 10 (N) (CC)		90210 "Lucky Strike" (N)		In Plain Sight "A Fine Meth"		News (N)
	256	389	12 VI	Robson Arms	TMZ (N) (CC)	Fringe "Pilot" (Series Premiere) (N) (CC)			Hole in Wall	Supernanny "Martinez Family"		News (CC)
	253	359	13 CITY	Law & Order: SVU		Biography (CC)		Privileged "Pilot" (CC)		NY-Hollywood	Friends (CC)	Reviews
	-	-	14 CW	Deal-No Deal	Deal-No Deal	90210 "Lucky Strike" (N)		Privileged "Pilot" (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Big Brother 10 (N) (CC)		Fashion Rocks (N) (CC)				News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	America's Got Talent Ten of the top 20 contestants perform.				Law & Order: SVU		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Coleen's Real Women		Style by Jury	Style by Jury	How to Look Good Naked (N)		Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Wipeout (N) (CC)		Wipeout (N) (CC)		Primetime (CC)		News (N)
	-	-	26 KVOS	M*A*S*H	Seinfeld	Posse ★★★ (1993) Mario Van Peebles, Stephen Baldwin.				Cheers (CC)	Scrubs (CC)	Scrubs (CC)
	291	383	27 PBS	Great Performances "Pavarotti: A Life in Seven Arias" (CC)				Andre Rieu: Live in Vienna (CC)				Happiness
	290	382	28 FOX	Two/Half Men	Two/Half Men	Fringe "Pilot" (Series Premiere) (N) (CC)			Hole in Wall	News (N) (CC)		Family Guy
	-	364	48 PBS	(6:30) Celtic Thunder (CC)			The Brain Fitness Program			Back Care Basics: Yoga		Suze Orman
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Cheers (CC)	South Park	Comics Un.	Half & Half	The Insider	Entertainment	Guthy-Renker
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 "Lucky Strike" (N)		Privileged "Pilot" (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	MLB Baseball		WGN News	90210 "Lucky Strike" (N)		Privileged "Pilot" (CC)		Will & Grace	My Wife-Kids
	297	652	37 WPX	CW11 News at Ten		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	Frasier (CC)	George Lopez	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		ET Canada	Entertainment	Wipeout (CC)	
news	502	390	29 NW	Wal-Mart Nation (CC)		CBC News: The National (N)		CBC News: The National		Wal-Mart Nation (CC)		National
	500	500	69 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Air Racing		World Combat League (CC)		Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	MLB Baseball		SportsCentre (Live) (CC)		Boxing Friday Night Fights. (Taped) (CC)				SportsCentre
	411	457	49 OLN	Don't Forget Your Passport		Pilot Guides (CC)		Don't Forget Your Passport		Survivorman (CC)		Angry Planet
	410	403	54 SCR	Score Tonight		Final Score	Final Score	Final Score	Final Score	Sports Rage		Final Score
	417	406	55 SC	Super Bikes!	Super Bikes!	Pinks	Pass Time	Unique Whips		Low Life	SuperCars	Super Bikes!
	416	409	444 GLF	(6:00) Fútbol		Gol TV News		Kings Club	Kings Club	Paid Program	Kings Club	Gol TV News
family	552	543	25 YTV	Malcolm-Mid.	Home Imp.	Prank Patrol	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline	Prank Patrol	Mystery Hnt.
	555	545	50 TEL	George	Bugs Bunny & Tweety Show		6teen	Total Drama	Futurama	American Dad	Chicken	Rick & Steve
	557	541	51 FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Treetown	Comfy Couch
cable variety	268	354	3 KNO	Gardens	Recreat. Eden	Marie Antoinette (CC) (DVS)				Higher Education in BC		Teeshoe-River
	575	583	20 CMT	CMT at the 2008 CCMA's (N)		Canadian Country Music Awards (CC)				CMT at the 2008 CCMA's		Ed (CC)
	570	580	24 MM	Instant Star	Instant Star	The Shift		Pimp My Ride	Technical Diff.	disBand	Video on Trial	Video on Trial
	600	564	29 H&G	The Stagers	Green Force	Holmes on Homes (CC)		Dirty Business	Outside	Colin & Justin's Home Heist		The Stagers
	615	520	31 A&E	The Cleaner "Let It Ride" (N)		The Cleaner "Let It Ride"		The First 48 (CC)		The First 48 "River's Edge"		The Cleaner
	628	584	32 SPKE	(6:00) Star Wars V: The Empire Strikes Back ★★★★ (1980)				CSI: Crime Scene Invstgtn.		Star Trek: Voyager (CC)		Deep Space 9
	521	560	34 TLC	Dr. G: Medical Examiner		My Shocking Story (CC)		Mystery Diagnosis		Dr. G: Medical Examiner		Half Man-Life
	616	522	39 SHO	About a Girl	About a Girl	The Best Years "Notorious"		Trailer Park	Trailer Park	The Shield (CC)		House (CC)
	620	523	40 BVO	Celtic Roots	Irish Music	Law & Order (CC)		Without a Trace "Win Today"		Mi Vida Loca ★★ (1993) Angel Aviles. (CC)		
	601	562	41 SLC	Plastic-Perfect	Matchmaker	Newlywed	In Laws	Rich Bride, Poor Bride (CC)		Plastic-Perfect	Matchmaker	Trading Sp
	520	505	42 DIS	After the Catch "Emergency!"		Daily Planet (CC)		Smash Lab (CC)		After the Catch "Emergency!"		How It's Made
	522	506	44 HIS	NCIS "Witch Hunt" (CC)		The Worst Jobs in History		Tony's Law (CC)		NCIS "Witch Hunt" (CC)		Crime Stories
	627	528	45 SPC	Comic-Con-fidential (CC)		Stargate SG-1 "Citizen Joe"		Lost "Pilot" (CC)		Star Trek: Deep Space Nine		Star Trek
	294	650	47 TBS	The Office	The Office	Frank TV	Sex and-City	Sex and-City	Batman & Robin ★ (1997) (PA) Arnold Schwarzenegger. (CC)			
	619	525	48 TROP	Beverly Hills, 90210 (CC)		Planet Soap	What	Family Guy	Seinfeld	Seinfeld	King	Family Guy
	603	561	52 FN	Top Chef "High Steaks"		Restaurant Makeover (CC)		Iron Chef America (CC)		HEAT	HEAT	Top Chef
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	S. Silverman	Jon Dore	Daily Show
	320	621	60 CEN	(6:20) Ace of Hearts (2008)		The Recruiter (N) (CC)			Harsh Times ★★ (2005, Crime Drama) Christian Bale. (CC)			
	581	566	101 MTV	From G's to Gents (CC)		MTV Live	After	Making the Band 4 (CC)		From G's to Gents (CC)		MTV Live
	261	394	102 V	Painted Nation (CC)		MythQuest "The Minotaur"		Bless-Father	On the Buses	Quantum Leap		Paid Program
	-	-	106 MUL	The Land	Daughters	Officina Italian	Qui si Parla	In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

Fringe

It's not "The X-Files," but this new series from J.J. Abrams of "Lost" fame should appeal to fans of Mulder and Scully. Like "Lost," this one starts with an airplane — only this one didn't crash. It landed at Boston's Logan Airport with everyone aboard mysteriously dead. FBI Special Agent Olivia Dunham (Anna Torv) investigates with the help of a brilliant, institutionalized scientist (John Noble) and his son (Joshua Jackson). Lance Reddick also stars. 8 PM on CTV, FOX, VI

Live at the Rehearsal Hall

Fresh from being awarded a spot on Canada's Walk of Fame, singer-songwriter k.d. lang takes the stage in this new episode, performing songs from her most recent album, "Watershed." Released in February, it's her first collection of original material since "Invincible Summer" in 2000 and features the single "I Dream of Spring." 5 PM on BVO

Going Out

6 p.m. Martinis & Manicures, an after-work indulgence that includes a signature martini, chocolate-covered strawberries, mini manicure and more. At La Vallee, 1379 Howe St. Tix: $35, RSVP required, sales@lavalleerestaurant.com. Info: 604-696-6983.

8 p.m. The Juan MacLean bring their brand of indie/disco house/electronica to Vancouver. At Richard's on Richards, 1036 Richards St. Tix: $17. Info: richardsonrichards.com.

8 p.m. Rev Theory and Rides Again perform live. At The Plaza Club, 881 Granville St. Info: revtheory.com.

10 p.m. Full Tilt, with DJs Betti Forde and Trevor Risk. At Republic Nightclub, 958 Granville St. Tix: $7. Info: dhmbars.ca.

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Seal on Eli Stone

ABC's Eli Stone has lined up its next musical guest. Soulful crooner Seal is set to guest on the series, playing himself in a late-October/early-November episode. TVGUIDE.COM

ABOVE: B.C. Minister of Transportation and Infrastructure Kevin Falcon, left, former Canucks owner Arthur Griffiths and Senator Larry Campbell get ready to see the show at the Red Robinson Theatre/David Foster night.

RIGHT: Retired MP John Reynolds and wife Yvonne bring greetings from Prime Minister Stephen Harper at the David Foster evening.

RIGHT: Canaccord sponsor and CHILD VP Mike Rogers, right, shares his table with his family, namely son-in-law Christian Jarvis, left, daughter Vanessa Jarvis and wife Leslie.

ABOVE: Composer/musician David Foster, centre, introduces Cody Karey and Tiffany Desrosiers to the audience to sing the duet "The Prayer." They receive a standing ovation for their beautiful voices.

Foster's big night

LEFT: Rock and Roll Hall of Famer Red Robinson, left, for whom the theatre was named, plays host alongside CHILD Foundation chairman and Order of B.C. recipient Grace McCarthy and guest James Fierro.

RIGHT: Red Squared owner Charles Zuckerman celebrates opening night with singer Ingrid Hakanson, left, and DJ Sarah Hannah.

Grammy-award winning musician David Foster, who is the mastermind composer behind great singers like Celine Dion, Whitney Houston, Olivia Newton-John and Michael Bublé, headlined Saturday's Great Canadian Achievement Award ceremony at Coquitlam's Red Robinson Theatre.

Benefiting the CHILD Foundation (CHildren with Intestinal and Liver Disorders), Foster took to the stage with Red Robinson and Terry David Mulligan to entertain one of the most prestigious audiences ever. VIPs, movers and shakers, like B.C. Bearings' Wendy McDonald, legendary bandleader Dal Richards, and Great Canadian Casino CEO Ross McLeod, all paid between $600 to $1,200 a ticket to be part of the first ever awards night that honoured Dr. Brandt C. Louie, CEO of London Drugs. Foster then took the opportunity to introduce some of his new up-and-coming talent who wowed everyone by singing some of his most famous movie theme songs. Foster, who has also composed themes for the 1988 Calgary Winter Olympics and more, makes no bones about the fact that he would like to be asked to compose for Vancouver 2010. Don't worry David, I'd be totally shocked if that invitation isn't already in the mail.

Also, a big shout out to the gang of Red Squared on Granville on their big vodka blowout opening night party. Proving that you really can have too many friends, the Russian-themed restaurant/bar was packed and was literally busting at the seams with well-wishers who formed long, communist-style bread lines just to get a glimpse of all the action. Power to the people

SocialEyes
Catherine 'Cat' Barr
info@catherinebarr.com

Cat calls? Submit your event at catherinebarr.com. She can also be heard on The Buzz 1410 AM Tuesdays at 4:30 pm.

ABOVE: Peter Legge, left, Chairman and CEO of Canada Wide Media, presents the Great Canadian Achievement Award to friend Dr. Brandt C Louie, CEO of London Drugs and president of H.Y. Louie Group.

ABOVE: Co-owners Dave Sarich and Andre Garrison cuddle up with artist Jude Kusnierz at the opening of Red Squared.

Show helps raise $100M for cancer

TV A television celebrity fundraiser aimed at accelerating research into the treatment of cancer has helped raise more than $100 million US, organizers of the Stand Up To Cancer group said yesterday.

Cancer survivors Christina Applegate, Patrick Swayze, Sheryl Crowe, cyclist Lance Armstrong and dozens of other celebrities took part in the one-hour special shown simultaneously on three U.S. networks on Friday. REUTERS

Spielberg sued over Disturbia

Steven Spielberg and major Hollywood studios stole the plot from Alfred Hitchcock's classic 1954 film Rear Window in making last year's Disturbia, a lawsuit filed in Manhattan federal court said yesterday.

Dreamworks, its parent company Viacom Inc, and Universal Pictures, a unit of General Electric Co's NBC Universal, are accused of copyright infringement and breach of contract for making Disturbia without first obtaining permission from the copyright holders, the suit said.

Spielberg

Spielberg is credited as executive producer of the film.

According to the lawsuit, filed by the Sheldon Abend Revocable Trust, the basis for Hitchcock's 1954 film was Murder from a Fixed Viewpoint, a short story by Cornell Woolrich. Hitchcock and actor James Stewart obtained the motion picture rights to the story in 1953. The lawsuit argues that Dreamworks should have done the same. "What the defendants have been unwilling to do openly, legitimately and legally, (they) have done surreptitiously, by their backdoor use of the Rear Window story without paying compensation," the lawsuit said. REUTERS

DVD picks

Baby Mama

Director: Michael McCullers
Rating: PG

TINA FEY plays a woman who turns her focus from career to motherhood. But, when she discovers Mother Nature is against her when it comes to reproducing, Fey's character, Kate Holbrook, hires slobby Angie Ostrowiski (Amy Poehler) to be a surrogate mother. The DVD includes deletes scenes, an alternate ending, a "making of" featurette, commentary with Fey, Poehler, producer Lorne Michaels, and writer/director Michael McCullers.

METRO NEWS SERVICES

MoreOnline
metronews.ca

Dancing baby
Dancing with the Stars pro Tony Dovolani and his wife, Lina welcomed a boy and a girl, Adrian Driton Dovolani and Adriana Dovolani early yesterday at a hospital near their Connecticut home. PEOPLE.COM

Celebrity Buzz

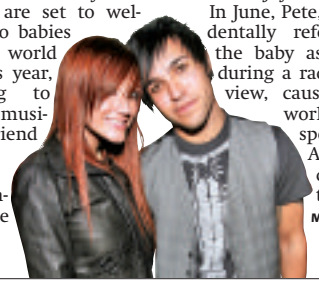
Watts prefers women

PEOPLE Actress Naomi Watts prefers filming love scenes with women, because she feels no "sexual tension" with them, imdb.com reports.

Watts, who shared a same-sex kiss with Laura Harring in 2001 movie Mulholland Drive, insists she is more at ease filming intimate scenes with women than men.

"The easiest sex scene I have done was in Mulholland Drive. That's because it was with another woman," she says. "There was no awkwardness and there was no sexual tension." METRO NEWS SERVICES

It's twins for Wentz, Simpson, pal says



CHILDREN Ashlee Simpson is reportedly expecting twins with husband Pete Wentz, femalefirst.co.uk reports.

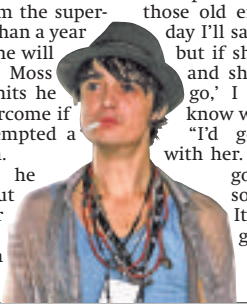
The 23-year-old singer and her Fall Out Boy rocker beau are set to welcome two babies into the world later this year, according to Pete's musician friend Tyga.

"Pete and Ashlee are having twins. They're really happy," hip-hop star Tyga told gossip website E! Online.

This is not the first time it has been claimed the couple are expecting two bundles of joy.

In June, Pete, 29, accidentally referred to the baby as "them" during a radio interview, causing fans worldwide to speculate Ashlee is carrying twins. METRO NEWS SERVICES

Doherty pines for Moss



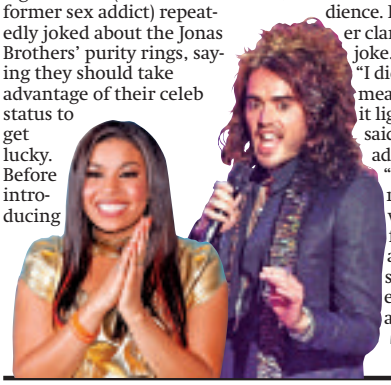
PEOPLE Pete Doherty still loves Kate Moss, femalefirst.co.uk reports. The Babyshambles rocker, who split from the supermodel more than a year ago, realizes he will never win Moss back but admits he would be overcome if she ever attempted a reconciliation.

"It's over," he said. "But whether or not I'm over it, I'm not sure. It's so hard talking about someone you love after you have split up.

"It's painful to rake up those old emotions. Today I'll say I'm over it but if she walked in and shouted, 'Let's go,' I don't really know what I'd do.

"I'd go, but not with her. I would just go and cry somewhere. It's over. It's gone." METRO NEWS SERVICES

Sparks flies after Brand makes purity joke



MTV AWARDS Russell Brand angered American Idol champ Jordin Sparks when he made fun of purity rings at Sunday's 2008 MTV Video Music Awards, usmagazine.com reports. During his opening monologue, Brand (a confessed former sex addict) repeatedly joked about the Jonas Brothers' purity rings, saying they should take advantage of their celeb status to get lucky. Before introducing T.I., Sparks — who has been open about wearing a purity ring — slammed the comedian for making the remark. "I just wanna say, it's not bad to wear a promise ring because not every guy and a girl wants to be a slut, OK?" she told the audience. Brand later clarified his joke.

"I didn't meant to take it lightly," he said. Later, he added, "Promise rings, I'm well up for it. (But) a bit of sex, it never hurt anybody." METRO NEWS SERVICES

Britney mad at mom

GETTY IMAGES PHOTOS

FAMILY RIFT Britney Spears is said to be "furious" with her mother, Lynne, after she detailed her daughter's past in her memoir, Through the Storm, Page-Six.com reports. The book blames all of Britney's problems on her daughter's former managers. Spears — who already considered her mother a siphon on her purse — is "upset" about the book, sources said, especially when she feels Lynne herself caused so many of her problems and issues. Spears is now only talking to her father, Jamie, who, as her conservator and guardian, has cleaned up her affairs and put his daughter back on the straight and narrow. METRO NEWS SERVICES

Wedding bells for Bedingfield

MARRIAGE Natasha Bedingfield is ready to walk down the aisle, People.com reports.

The pop singer, 26, just got engaged to her boyfriend Matthew Robinson. "It just happened," she said. "But I am so excited, and it happened in New York. And I want to share it with the world.

She added: "We haven't thought about a date. We're just celebrating." I'm the luckiest girl in the world." METRO NEWS SERVICES

celebrity briefs

Mills reneged on charity?

MONEY Heather Mills may have failed to hand over a multi-million dollar charity donation, femalefirst.co.uk reports. The former model vowed to give "a large majority" of her $42-million divorce payment from Sir Paul McCartney to the Adopt-A-Minefield organization, of which she is a patron, but charity sources claim they haven't received anything.

"They have waited in vain for their millions. She's had plenty of time," a source said. Mills made the donation pledge in 2006, during divorce proceedings from the former Beatles star.

"Around 80 per cent of my money goes to charity," she also added in an interview last year. METRO NEWS SERVICES

Back to school for Turlington

PEOPLE Former supermodel Christy Turlington is to turn her back on fashion and head to college, imdb.com reports.The one-time catwalk queen is planning to study maternal and child health at Columbia University, according to the New York Daily News. Turlington, who has two children with actor husband Ed Burns, is passionate about maternal care and is an ambassador for humanitarian organization Care (Christian Action Research and Education). METRO NEWS SERVICES

This family isn't on a plane...
They've already arrived.
They flew Pacific Coastal to Vancouver Airport's South Terminal and easily made their connection. Now they're hanging on a beach in Cabo San Lucas instead of wasting their vacation time in a crowded airport.
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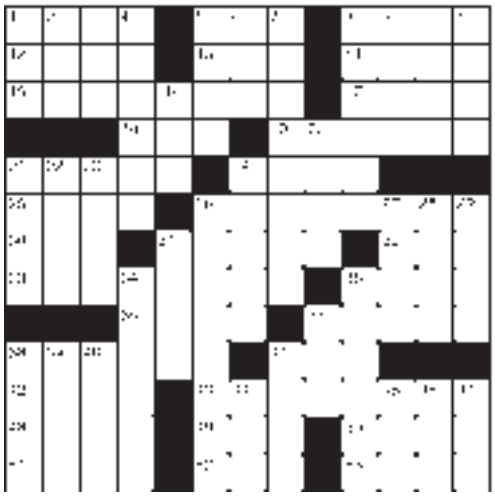
Boycotting his own show
Lost star Alan Dale reportedly stopped watching his own show during its third season because he "got sick" of its repetitive script and outlandish storylines. IMDB.COM

Take Five



Crossword down

1 Knock
2 "— Town"
3 Consumed
4 Multicoloured
5 Ethereal
6 Japanese pond carp
7 Huge boa
8 False
9 Grad
10 Sidewalk edge
11 Hollywood clashers
16 Rowboat need
20 Colonial sewer
21 Wheel connector
22 Herr's wife
23 Pack down
24 Spirit in a bottle
26 Jeff Probst's show
27 Raise up
28 Busy with
29 Mideast gulf
31 Baby horse
34 Wellness
35 "Heavens!"
37 Witticism
38 Saharan
39 Sax-playing Simpson
40 Kesey and Olin
41 Con job
44 "— Got a Secret"
45 Caviar, essentially
46 11-Down counterparts
47 Request

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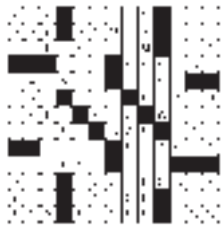
Crossword across

1 Wander
5 Alias abbr.
8 Wear a rut in the rug
12 Ford or Lincoln
13 Charged bit
14 Punch
15 South African city
17 Franc replacement
18 Deposit
19 Hansel and Gretel's trail
21 Subsequently
24 Acceptable
25 MRI forerunner
26 Brain's stimulus receptors
30 Felon's flight
31 Money
32 Conclude
33 Happiness, plus
35 Partner
36 Roof overhang
37 Long-popular comedian Cohen
38 High-pH chemical
41 Boar's companion
42 Cambodian money
43 Capital of British Columbia
48 "— It Romantic?"
49 Eggs
50 Fishing gear
51 Morse symbol
52 Sleep phenom
53 Dilbert's place

previous day's answer



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Don't make a fool of anyone. An analyst forces you to detach yourself from a grouch. Someone is using you as a scapegoat.

TAURUS
APRIL 21-MAY 21
Doubt is cast on a bad decision. Stay home and ponder your life, if a wicked statement is made. Insurmountable obstacles will be conquered.

GEMINI
MAY 22-JUNE 21
You'll become a force to be reckoned with. An adventure causes a discussion to take place. A potential partner is ready and willing.

CANCER
JUNE 22-JULY 22
Let go when hurt feelings run through your mind. Refuse to underestimate your power. A stroke of luck leads to excitement.

LEO
JULY 23-AUG 23
The countdown to a disagreement begins. It's time to be bold with an incompetent man. An alliance takes on an exciting importance.

VIRGO
AUG 24-SEPT 22
A cherished leader can cause a revolution. A buddy's need for security is obvious. Refuse to waste your time with fools.

LIBRA
SEPT 23-OCT 23
A new friend brings about a change in direction. Be passionate about your faith in humanity. You can ask for favours from a relative.

SCORPIO
OCT 24- NOV 22
Someone will decide what's best for you. A companion will inspire thoughts of generosity. Don't fall in love with a selfish person.

SAGITTARIUS
NOV 23- DEC 21
You'll dream of being with a compassionate person. A caller is too animated for comfort. Unusual words will cause brief difficulties.

CAPRICORN
DEC 22-JAN 20
An agreement may cause you to be feared. Be happy about being at the controls. Your actions may lead to an insight.

AQUARIUS
JAN 21-FEB 18
A chaotic situation will clear up. Take someone for a walk if you want to talk. Pushy people have lost their former charm.

PISCES
FEB 19-MAR 20
Take command in a disputed matter. A dedicated person will experience neglect and spoil certain plans. Love strengthens your commitment.

Sudoku

			4	5		9	7	1
				7			3	6
		6				2		
1			5				8	
		9				4		
	8				3			2
		4				8		
2	9			6				
3	7	5		1	8			

HOW TO PLAY SUDOKU:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

6	4	7	5	1	3	8	9	2
9	1	2	8	4	6	3	5	7
8	3	5	7	9	2	6	4	1
4	9	1	3	6	7	2	8	5
7	2	8	9	5	1	4	3	6
5	6	3	4	2	8	1	7	9
1	8	4	6	7	5	9	2	3
3	5	6	2	8	9	7	1	4
2	7	9	1	3	4	5	6	8

SUDOKU SOLVE TIME:
Under 13 min . . . . . Genius
13-17 min. . . . . Scholar
17-21 min . . . . . Smart
21-25 min . . . . . Not bad
25+ min . . . . Keep practising

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Vancouver weather

Afternoon	Tonight	Wednesday	Thursday	Friday
Sunny. 21°	Clear. Low 12°	Sunny. 22°/ 11°	Sunny. 19°/ 11°	Sunny. 18°/ 11°

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Temperature
Normals
High: 19.8°
Low: 11.1°

Records
High: 25.9°/1989
Low: 6.1°/1945

Sunrise: 6:41 a.m.
Sunset: 7:37 p.m.
Moon does not set
Moonrise: 5:14 p.m.

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Walnut Gate
Willowbrook Corner
Willowbrook Mall

MAPLE RIDGE
Haney Place Mall

NEW WESTMINSTER
Queensborough Landing

PITT MEADOWS
Meadowtown Centre

RICHMOND
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Aberdeen Centre
Blundell Centre
Richmond Centre
Sands Plaza

SQUAMISH
40446 Government Rd.

SURREY
13630 72nd Ave.
Guildford Town Centre
Nordel Crossing
Panorama Village
Semiahmoo Shopping Centre

VANCOUVER
567 Seymour St.
698 West Broadway
1008 West Georgia St.
1100 Robson St.
1588 West Broadway
1709 Lonsdale Ave.
2154 West 4th
2315 West 41st
Bentall Centre
Capilano Mall
Chinatown Plaza
Lynn Valley
Oakridge Centre
Pacific Centre
Park Royal N.
Park Royal S.

OKANAGAN

CASTELGAR
635 Columbia Ave.

KAMLOOPS
Aberdeen Mall
Inside Real Canadian Superstore
Lansdowne Village
Sahali Centre Mall

KELOWNA
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Dilworth Shopping Centre
Orchard Park Shopping Centre

PENTICTON
Peachtree Square

PRINCE GEORGE
Pine Centre

QUESNEL
259 Reid St.

VERNON
4710 31st St. Unit 106
Village Green Mall

WILLIAMS LAKE
Boitanio Mall

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